

THE WARRIOR WEEKLY



April 28 - May 3		MENU
MONDAY - April 28 6:45-7:45 AM - Weights & Agilities - State Journalism - 5:30am Leave - @ Norfolk 9:15am HS Track @ McCool Junction - Bus 6:30am from HS, 6:40 from Guide Rock 6th Grade Transitions Day 8:00 am-12:30 pm report to the high school - JH Track Practice - 2:45 - 4:00		Breakfast: Cereal Lunch: Spaghetti, Corn, Bosco Stick & fruit
TUESDAY - April 29 6:45-7:45 AM - Weights & Agilities 2nd Grade MAPs Testing - K/1st Grade Field Trip to Hastings Museum 9:30am Golf @ Red Cloud Cyndi Piel Tournament 11am JH Track @ Wilcox - Bus 9am 6pm - 5th Grade Parent meeting @ the High School - HS Track Practice 3:30 - Plant sale at the Greenhouse-3:00-6:00		Breakfast: Pancakes Lunch: Stop Sign Pizza, fruit, & cookie
WEDNESDAY - April 30 5th Grade Transition Day 3rd/4th Grade trip to Aurora - One-Act Interest Meeting - Lunch (grades 7-11) - Senior Pizza Party Movie Watch Mr. Daehlings Periods 4 + 5 +Lunch Break - JH & HS Track Practice 3:30 - Plant sale at the Greenhouse- 3:15-6:00		Breakfast: Egg & Cheese Biscuit Lunch: Chicken Fajitas, Spanish Rice, & Mexicorn
THURSDAY - May 1 6:45-7:45 AM - Weights & Agilities 7:15am SAT meeting @ Elementary - Senior Trip - JH & HS Track Practice 3:30 7:30 AM Girls Basketball Meeting somewhere at High School		Breakfast: Waffles Lunch: Roast Beef, Mashed Potatoes & Gravy, Carrots, & Dinner Roll
FRIDAY - May 2 - Elementary Fun Day - No JH/HS Classes - JH & HS Track Practice after completion of Fun Day		Breakfast: Breakfast Pizza Lunch: Sack Lunch
SATURDAY - May 3 9am JH TVC Track @ Sandy Creek, bus leaves HS at 7am, Guide Rock at 7:10am 9am HS TVC Track @ Sandy Creek bus leaves HS at 7am, Guide Rock at 7:10am		

SUNDAY - May 4

- 6pm - Baccalaureate

See Below for additional information



WARRIOR OF THE WEEK

Elyse Armstrong



RED CLOUD HIGH SCHOOL

Elyse, an 11th grader, is a quiet yet powerful leader who makes the right choices with grace and integrity. She is a supportive friend and peer, always uplifting those around her with encouragement and positivity. Elyse leads by example, showing up each day with determination and giving her best in everything she does. She brings humor into her day, effortlessly lightening the mood and helping those around her shift to a positive mindset.

Academically, Elyse scored the highest in her class on the ACT—a reflection of her quiet focus and drive to succeed. On the track team, she continues to push herself, setting new personal bests nearly every time she competes. Whether in the classroom, on the track, or among her peers, Elyse can always be counted on to do what is right, even when no one is watching. She is possibly the most selfless person in our school—consistently putting others before herself and leading with kindness. Our school is incredibly fortunate to have a student like Elyse.

Elyse, thank you for being the kind of role model others can look up to. Your presence makes RC a better place, and we are so grateful for all that you do.

Current Week Additional Information

HS Track Meet Information at McCool Junction - Monday, April 28th

ORDER OF EVENTS

8:30 AM COACHES SCRATCH MEETING - in cafeteria (located on south end of gymnasium)

FIELD EVENT SCHEDULE - *Shot, Disc, LJ & TJ: 4 Attempts, no finals*

9:15 AM

1st Girls Pole Vault
Boys High Jump
Girls Shot
Boys Discus
Girls Long Jump (new west pit)
Boys Long Jump (east pit by PV)

2nd Boys Pole Vault
Girls High Jump
Boys Shot
Girls Discus
Girls Triple jump (new west pit)
Boys Triple Jump (east pit by PV)

RUNNING EVENT SCHEDULE *(Finals-only schedule) Girls events first*

12:30 PM	4x800 Meter Relay	Finals
<i>(we will wait for</i>	100/110 Meter Hurdles	Finals
<i>the completion</i>	100 Meter Dash	Finals
<i>of most field</i>	1600 Meter Run	Finals
<i>events)</i>	4x100 Meter Relay	Finals
	400 Meter Dash	Finals

-BREAK (Approximately 20 minutes)-

300 Meter Hurdles	Finals
800 Meter Run	Finals
200 Meter Dash	Finals
3200 Meter Run	Finals
4x400 Meter Relay	Finals

TEAMS: BDS, Blue Hill, Deshler, Dorchester, EMF JV, Giltner, Hampton, Heartland Lutheran, McCool Jct., Meridian, Red Cloud, McCool JV.

2025 FALCON JH TRACK INVITE

April 29, 2025

11:00 A.M. FIELD EVENTS – First session of field events

Boys – Shot Put, Pole Vault, Triple Jump

Girls – Discus, High Jump, Long Jump

Second Session of Field Events will follow immediately after the 1st session.

Boys –Discus, High Jump, Long Jump

Girls –Shot Put, Pole Vault, Triple Jump

1:15 P.M. Running Events

3200 Meter Relay (Girls/Boys)
100 Meter Low Hurdles (Girls 30")
100 Meter Intermediate Hurdles (Boys 33")
100 Meter Dash (Girls/Boys)
400 Meter Dash (Girls/Boys)
200 Meter Hurdles (Girls 30")
200 Meter Hurdles (Boys 33")
800 Meter Run (Girl/Boys)
200 Meter Dash (Girls/Boys)
1600 Run (Girls/Boys)
400 Meter Relay (Girls/Boys)
1600 Meter Relay (Girls/Boys)

HS TVC Track Information

2025 Twin Valley Conference Invitational Track Meet

Saturday, May 3rd, 2025

High School Schedule:

9:00 **Field Events – Second flight field events will follow conclusion of first flight**

<u>Event</u>	<u>First</u>	<u>Second</u>
Shot Put	Girls	Boys
Discus	Boys	Girls
Long Jump	Girls	Boys
High Jump	Boys	Girls
Pole Vault	Girls	Boys
Triple Jump	Boys	Girls

Boys Long & Triple will be on South Runway. Girls Long & Triple will be on North Runway. Starting heights for Pole Vault and High Jump will be determined at Scratch/Add Meeting. Top 8 preliminary attempts will advance to finals.

12:30 **Running Events – FAT used for all Running Events**

Girls	3200 Meter Relay – Finals
Boys	3200 Meter Relay – Finals
Girls	100 Meter High Hurdles – Prelims
Boys	110 Meter High Hurdles – Prelims
Girls	100 Meter Dash – Prelims
Boys	100 Meter Dash – Prelims
Girls	400 Meter Dash – Finals
Boys	400 Meter Dash – Finals
Girls	3200 Meter Run – Finals
Boys	3200 Meter Run – Finals
Girls	200 Meter Dash – Prelims
Boys	200 Meter Dash – Prelims

Finals

Girls	100 Meter High Hurdles
Boys	110 Meter High Hurdles
Girls	100 Meter Dash
Boys	100 Meter Dash
Girls	800 Meter Run
Boys	800 Meter Run
Girls	300 Meter Low Hurdles
Boys	300 Meter Intermediate Hurdles
Girls	200 Meter Dash
Boys	200 Meter Dash
Girls	1600 Meter Run
Boys	1600 Meter Run
Girls	400 Meter Relay
Boys	400 Meter Relay
Girls	1600 Meter Relay
Boys	1600 Meter Relay

District Track regulations will be used for advancing from prelims to finals based on number of preliminary heats.

JH TVC Track Information

2025 Twin Valley Conference Invitational Track Meet

Saturday, May 3rd, 2025

Junior High Schedule:

9:00 **Running Events – FAT used for all Running Events. All ran as “Finals vs. Time”**

Girls 1600 Meter Run
Boys 1600 Meter Run
Girls 100 Meter Low Hurdles (30")
Boys 110 Meter High Hurdles (36")
Girls 100 Meter Dash
Boys 100 Meter Dash
Girls 400 Meter Dash
Boys 400 Meter Dash
Girls 800 Meter Run
Boys 800 Meter Run
Girls 200 Meter Hurdles (30")
Boys 200 Meter Hurdles (33")
Girls 200 Meter Dash
Boys 200 Meter Dash
Girls 400 Meter Relay
Boys 400 Meter Relay
Girls 1600 Meter Relay
Boys 1600 Meter Relay

12:30 **Field Events – Second flight field events will follow conclusion of first flight**

<u>Event</u>	<u>First</u>	<u>Second</u>
Shot Put	Girls	Boys
Discus	Boys	Girls
Long Jump	Girls	Boys
High Jump	Boys	Girls
Pole Vault	Girls	Boys
Triple Jump	Boys	Girls

All events will be run as 4-attempt finals format.

Boys Long & Triple will be on South Runway. Girls Long & Triple will be on North Runway.

Starting heights for Pole Vault and High Jump will be determined at Scratch/Add Meeting.

Misc:

RED CLOUD WARRIORS HONORS NIGHT



WEDNESDAY, MAY 7, 5:30

RED CLOUD HIGH SCHOOL

Join us for an evening of celebration and recognition as we honor the outstanding achievements of our Warriors!

POTLUCK DINNER

The Red Cloud Booster Club will provide the pulled pork, catered by Alley Cats. Each student is asked to bring the following:

7TH & 8TH GRADE -Desserts, enough to feed 12

9TH GRADE -\$5 to cover buns and condiments

10TH & 11TH GRADE -Salads, enough to feed 12

12TH GRADE -favorite dish, enough to feed 12

Let's come together as a TRIBE to celebrate a great year!